

Editor's Page

Navigating Baltimore Harbour

On pages 8 and 9 we look at Aids to Navigation and how they help to keep sea farers safe at sea. Every time we go in and out on the ferry to Sherkin, we pass the many Aids to Navigation in Baltimore Harbour. The most striking is the Beacon, which has become an iconic symbol for Baltimore and the surrounding area. This beacon and the lighthouse on Sherkin Island both help to mark the entrance to Baltimore Harbour.



The lighthouse on Sherkin Island, with Baltimore Beacon in the background.

Underneath the Beacon is the Loo Buoy, which sits over rocks that were named after a British man-of-war ship, *HMS Looe*, which struck them in 1697. In the middle of the Harbour, the Perch - a 12m high cardinal beacon - sits on the Lousy Rocks and these can be seen at low tide. Nearer to Baltimore Pier is the Wallis Rock buoy, which sits over rocks that have just 1.8m of water above them at low tide. Though we might take these Aids to Navigation for granted seeing them every day, we are grateful to have them to guide our way.



The Loo Buoy is situated below the Beacon, at the mouth of Baltimore Harbour.



The Wallis, with Baltimore Lifeboat Station in the background.



The perch, which sits in the middle of the harbour.

Welcome to the Spring Edition of Nature's Web!

Dear Reader,



Welcome everyone to the Spring issue of Nature's Web. In this issue we learn what it is like to work at Mizen Head Signal Station off Ireland's most south-westerly point. We look at the various Aids to Navigation that help keep seafarers safe at sea and we learn about the Commissioners of Irish Lights, who look after them. Black John the Bogus Pirate explains how the sea has shaped the country we live in and we look at one of the many red seaweeds growing on our shores - Carrageen Moss. You can check out nature news from around the world on page 11 and enjoy a giggle with jokes on page 13.

We would love to hear your views and comments and suggestions for future articles. Have a good read!

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As GAELIGE! We are delighted to have teamed up with An Gúm, who are translating Nature's Web into Irish. Issues are now available, as gaeilge, at: <http://www.gaeilge.ie/maidir-le-foras-na-gaeilge/an-gum/lion-dulra/>

Courtesy of Bord Bia



Fish Burgers with Tomato Salsa and Chunky

Method:

Serves 6.

To Cook: Place the fish in a large bowl with the parsley, chilli, ginger, garlic, beaten egg, mayonnaise, fish sauce, lime zest and juice and the breadcrumbs and mix together.

Shape the mixture into 6 x 8cm burgers, put them on a plate, cover with cling-film and chill for an hour if you have time. This will help them to hold their shape when you are cooking them.

Heat the oil in a large frying pan. Add the fish burgers and cook over a medium heat for 4 minutes on each side, until crisp and golden.

To make the Salsa: Mix all the ingredients well together, taste and season with a little salt and black pepper. Set aside until ready to serve.

To make the Chunky Guacamole: In another bowl mix the avocados, lime juice, scallions and chilli. Using a fork roughly mash everything together, taste and season.

Serving Suggestions: Spread a little mayonnaise over each bap, layer with lettuce leaves, some slices of tomato and then the burger. Spoon a little mayonnaise on top of each burger. Serve the tomato salsa and chunky guacamole on the side.

What you need:

- 700g hake, skinned, boned and finely chopped
- 2 tablesp. fresh parsley, chopped
- ½ red chilli, deseeded and finely chopped
- 2cm piece of fresh ginger, grated
- 1 garlic clove, crushed
- 1 egg, beaten
- 2 tablesp. mayonnaise
- 1 tablesp. fish sauce
- Zest and juice of 1 lime
- 40g stale breadcrumbs or Panko breadcrumbs
- 1 tablesp. rapeseed oil

Tomato Salsa:

- 4-6 tomatoes, diced
- 1 red onion, peeled and diced
- 1-2 garlic cloves, peeled and finely chopped
- 1 tablesp. basil or coriander, chopped
- Juice of ½ lime
- 1 tablesp. olive oil
- A little salt and black pepper

Chunky Guacamole:

- 2 ripe avocados, peeled and chopped
- Juice of ½ lime
- 2 scallions, finely sliced
- ½ red chilli, deseeded and finely

To Serve:

- Toasted baps, lettuce leaves, 2 tomatoes sliced, extra mayonnaise

Courtesy of Bord Bia - Irish Food Board www.bordbia.ie